

## **Student Health Advisory Council Annual Board Report**

**2017-2018**

Student Health Advisory Council (SHAC) is a group of individuals representing segments of the community, appointed by the school district to serve at the district level, to provide advice to the school district on Coordinated School Health programming and its impact on student health and learning.

Coordinated School Health is based on an 8-Component Model recommended by TEA

- Health Services
- Nutritional Services
- Healthy and Safe School Environment
- Counseling and Mental Health Services
- Staff Wellness Promotion
- Parent and Community Involvement
- Physical Education
- Health Education

QISD's SHAC meetings this year have had great attendance and input from all members. The committee is growing in its knowledge of what is needed from the committee and how to focus on specific issues affecting QISD's staff and students.

### Meeting Dates and Topics

10/25/2017: SHAC By-laws were revised and approved, New Members of Committee were approved, Blessings in a Backpack Program was discussed. Mary Ann Nichols, Lance Morrow, and Brittany Emerson informed the committee of the activities planned at the campuses to promote the 8 Components listed above, and Mrs. Brown discussed ways the district is promoting healthy staff and students.

2/28/2018: Discussed the activities that are planned for the next months at all campuses and district level, health related needs at the campuses, and the Back to School Bash in August.

5/2/2018: Staff and Community Outreach reviewed, Discussed Coordinated School Health Programs, SHAC focus for next year: Mental Health-Staff and Students.

6/4/2018: District Wellness Plan reviewed. Meeting dates for 2018-2019 established.

The School Health Advisory Council would like to make the following recommendations:

1. QISD will comply with State and National nutrition regulations.
2. QISD will promote alcohol, drug, and mental health awareness year round.
3. QISD will support the Wellness Plan for all staff and students.